



GRADUATE PRINTABLE WORKOUT SHEETS

BEN PAKULSKI PRESENTS...

SAMPLE GRADUATE PRINTABLE WORKOUT SHEETS



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LEGAL DISCLAIMER

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PHASES	DAY 1 (E.G MON)	DAY 2 (E.G TUE)	DAY 3 (E.G WED)	DAY 4 (E.G THUR)	DAY 5 (E.G FRI)	DAY 6 (E.G SAT)	DAY 7 (E.G SUN)	COMMENTS
PHASE 1	Chest Front Delts Biceps (Abs/Core)	Back Rear Delts Triceps (Calves 1)	Quads Hams (Abs/Core)	Biceps, Chest Side Delts Front Delts (Calves 2)	Triceps Back (Abs/Core)	Hams Quads (Calves 1)	OFF (extreme high kcal day)	The idea is to train most body parts TWICE per week; once heavy with the intent of mechanical damage & high neurological stress, the 2nd workout will be focused on maximizing cell swelling & hyperemia
PHASE 2	Chest Front Delts Side Delts Biceps (Abs/Core)	Back Rear Delts Triceps (Calves 2)	Quads Hams (Abs/Core)	Biceps Chest Delts Side Delts (Calves 1)	Triceps Back (Abs/Core)	Hams Quads (Calves 2)	OFF (extreme high kcal day)	As Above
PHASE 3	OFF (mod- erate kcals (mod/low carb)	Chest Back (Abs/Core)	Quads Hams (Calves 1)	Side Delts Arms (Abs/Core)	Chest Delts Rear Delts Back (Calves 2)	Hams Quads (Calves 1)	OFF	Power / Hypertrophy Phase
PHASE 4	Chest Side Delts (Calves 1)	Back Hams (Abs/Core)	Quads (Calves 2)	OFF	Squat Bench Deadlift (Abs/Core)	Arms Side Delts (Calves 1)	OFF	Strength / High Threshold Training
PHASES 5 & 6	Chest Back (Abs/Core)	Quads Biceps (Calves 2) + HIIT	Hams Side Delts Delts Triceps (Abs/Core)	OFF	PHASE 6 CHEST DELTS TRICEPS (CALVES 1)	(am + pm) Back Biceps (Abs/Core)	(am + pm) Quads Hams (Calves 2)	Phase 5: Deload Phase (4 days)
	Back Chest Arms (Abs/Core)	Quads Hams (Calves 1)	(am + pm) Hams,Back Side Delts Rear Delts (Abs/Core)	Chest Arms (Calves 2)	Quads Hams (Abs/Core)	-	-	Phase 6: Overreach / Hypertrophy (8 days)



TERMINOLOGY

REPS: the number of times you raise and lower the resistance / weight

SETS: the number of times you repeat the prescribed number of reps

TEMPO: the speed / pace at which you should aim to perform the various aspects of a rep, typically broken into 4 parts:

1. the 'eccentric' (negative) portion of the movement, i.e., when the muscle is lengthened in the direction of resistance e.g., lowering the weight when performing a bench press
2. the 'concentric' (positive) portion of the movement, i.e., shortening / contracting the muscle against the force of resistance e.g., pressing the weight up during a bench press
- 3 & 4: the pauses taken following the completion of the concentric and eccentric portions of the rep respectively e.g., pausing / resting at the 2 extremes, the top and bottom of a bench press

^ TEMPO OF '4-3-2-1' FOR EXAMPLE WOULD SPECIFY:

1. perform a 4 second eccentric
2. rest for 3 seconds following the eccentric
3. perform a 2 second concentric
4. rest for 1 second following the concentric



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ISOMETRIC HOLD: For the purposes of this program, an isometric hold is employed following the concentric portion of a rep (when the muscle is fully contracted) e.g; when your elbows are as far back as possible during a bent over barbell row. The goal is NOT simply to hold against the direction in which the resistance is pulling, but instead to contract / squeeze the working muscle as hard as possible throughout the duration of the isometric, while remaining in the most maximally contracted position possible.

1 1/2'S: If a set prescribes a target of 10 reps, perform 10 full reps (executed as normal) each followed by a 1/2 rep in the strongest half of the range (typically following the eccentric). To elaborate: 1) begin with the working muscle fully stretched / lengthened, the antagonist fully contracted 2) initiating from the working muscle, perform the concentric, aiming to fully shorten it and to achieve a maximum peak contraction at the opposite extreme 3) while still contracting throughout, perform the eccentric to return to the beginning fully lengthened position 4) from here begin a further concentric however this time only come to the half way point before returning once more to the start position. Using barbell bicep curls for example - raise the weight, lower, bring up half way (to 90° of elbow flexion), then lower; this = 1 rep of the protocol.

'NOS' + 'NOS-EXTREME' (INTRA-SET STRETCHING) SETS: NOS sets comprise of 3 successive drop-sets following the completion of the final working set (only) of an exercise (unless specified otherwise); allow no more than 10 seconds rest between them (ideally zero), plus decrease in load by approximately 20% every drop aiming to achieve 5 - 8 reps on each. At the end of the final full rep of the final set, end with as many partial reps as possible through to absolute failure. See the videos if unsure.



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For NOS-X sets, follow the same protocol as above, though add in a 20 - 30 second maximally loaded stretch following the last achievable rep of the working set and all subsequent drop-sets. Following the stretch on the final drop-set, perform a contraction to finish (always finish on a contraction, not a stretch). See videos if unsure.

BPAK STRIP SETS: (typically performed on equipment with selectorized pin loading)

Choose a weight with which you can execute approximately 8 to 10 reps of the given exercise. Following the final rep, immediately drop the weight stack by a single pin and continue on (ensure to rest only as long as it takes for you (or ideally someone else) to change the pin); repeat this process until you reach the final / minimum weight plate of the stack!

Aim for 3 to 5 full reps on each drop, though be aware that achieving just 1 or 2 reps is normal... remember, only the strong survive!

CS-6 SETS

(CELL SWELLING-6): Typically using a compound movement, begin by performing 8 reps for the prescribed number of sets (usually 2 - 4) taking 80 seconds rest between each. Following the last of the prescribed sets, rest only up to 20 seconds max while dropping the weight by 10%, before continuing on aiming to achieve a further 8 reps. Repeat this 20 second max rest / 10% drop process until you complete 6 of these mini-sets; this will result in you having performed 8 to 10 TOTAL sets for the exercise. Note: the goal between mini-sets is simply to gather your breath / energy and get back to it, this may be difficult at first but your body will adapt very quickly. Also, take a moment to rehearse the entire protocol in your head as it may sound more complicated than it is; keep in mind the goal is to maximize cell swelling and lactate build-up.



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NOTES

HOW TO READ

THE NOTATIONS: note that each exercise has been assigned a letter, or letter plus number combination, the purpose of which is to instruct you how to proceed from exercise to exercise during the workout. A couple of examples should provide enough illustration as to how they are intended to be read:

1. If you see exercise 'A' on line 1 and exercise 'B' on line 2 for example, proceed as follows:
 - perform exercise 'A' for the prescribed number of sets, resting for the prescribed duration between each
 - once all sets have been completed, rest for the same duration (unless specifically stated otherwise)
 - move on to exercise 'B'
2. If you see exercise 'A1' on line 1, exercise 'A2' on line 2, then exercise 'B' on line 3, proceed as follows:
 - perform set 1 for exercise 'A1'
 - immediately move on to exercise 'A2' (unless exercise 'A1' happens to have a prescribed rest period (rare))
 - rest for the prescribed duration (for exercise 'A2') following the completion of the set
 - repeat this back and forth process until all sets have been completed
 - move onto exercise 'B'



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REST PERIOD BETWEEN EXERCISES: unless specifically instructed otherwise, rest for the same duration you rested between sets of the exercise just completed.

UNILATERAL MOVEMENTS: when an exercise is to be performed one side at a time (think lunges' for example), the rep target depicted indicates the number of reps to perform per side, NOT in total; also, unless stated otherwise, take no rest between switching from one side to the other.

INCLINE / DECLINE BENCH ANGLES: if / when no particular incline or decline bench angle is specified, feel free to choose as per your preference (aim to use a variety of angles over time).

INTENTION: apply intention to all appropriate exercises regardless of whether it's stated in the workout sheets or not; learn to make using intention a habit! The videos all describe intention perfectly.



GRADUATE PRINTABLE WORKOUT SHEETS

PHASE 1 - WORKOUT 4: BICEPS / CHEST / SIDE DELTS + REAR DELTS

DURATION: 53 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A1	Barbell Preacher Curls	4	7	5 sec isometric	4-0-1-5		
A2	Incline Dumbbell Curls	4	7	+ NOS-X (last set)	4-0-1-0	40 secs	
B	One-Arm High Cable Curls	4	15		4-0-1-0	0 (40 after final set)	
C	Incline Dumbbell Press	4	12		4-0-1-0	40 secs	
D	Machine Chest Press (any)	4	12	7 sec eccentric	7-1-1-1	40 secs	
E1	Prone 75° Incline Dumbbell Lateral Raises	3	12		4-0-1-0		
E2	Bent-Over Cable Lateral Raises (right across body, elbows locked)	3	12		2-1-1-1		
E3	Standing Cable Lateral Raises (straight-arms, no movement at elbow)	3	12		4-0-1-0	40 secs	

+ OPTIONAL: CALVES



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PHASE 2 - WORKOUT 2: BACK / REAR DELTS / TRICEPS

DURATION: 50 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A1	Wide Grip (Assisted) Pull Ups (weighted if necessary)	6	8	+ NOS-X (last set)	4-0-1-0	40 (this is correct)	
A2	Reverse-Grip Barbell Rows (outward intention)	6	8		4-0-1-0	40 secs	
B1	Machine Row (ideally hammer)	4	12	2 sec isometric	4-0-1-2		
B2	Reverse Pec Deck	4	10	+ 10 partials (all sets)	4-0-1-0	40 secs	
C	Deadlifts (bent-knee)	4	7,7,14,21		4-0-1-0	40 secs	
D1	Lying Tricep Extensions	4	15		4-0-1-0		
D2	Overhead Rope Extensions	4	10		4-0-1-0	40 secs	

+ OPTIONAL: CALVES



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PHASE 3 - WORKOUT 2: QUADS / HAMS

DURATION: 50 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A	Barbell Front Squats	6	6		4-1-1-1	2 mins	
B	Leg Press (feet low)	4	8	*	4-0-1-0	40 secs	
C1	Alternating Barbell lunges - lean forward at the hip (glute emphasis)	4	10	**	4-0-1-0		
C2	Single-Leg Lying Leg Curls	4	7		4-0-1-0	40 secs	
D	Barbell Stiff-Leg Deadlifts	4	21		4-0-1-0	40 secs	

* 1 following the final rep of each set, perform 10 partials at top of the movement (lock the safety racks)

** 1 1/2's (half reps at the bottom): come down, come half way back up, back down then back to the top (this constitutes 1 rep in total)

+ OPTIONAL: CALVES



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PHASE 4 - WORKOUT 3: QUADS

DURATION: 52 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A	Barbell Front Squats - Heels Elevated 1-2"	4	8		4-0-1-0	80 secs	
B	Dumbbell Squats (DB's beside hips)	4	8	+ NOS-X (last set)	3-0-1-0	2 mins	
C	Bulgarian Split Squats - front foot on a 6" box (back foot on bench)	4	21		4-0-1-0	0 (2m after final set)	
D	Leg Extensions	4	8	+ NOS-X (last set)	4-0-1-0	40 secs	

+ OPTIONAL: CALVES



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PHASE 5 - WORKOUT 1: CHEST / BACK

DURATION: 50 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A1	Flat Barbell Bench Press	4	10		4-1-1-0	40 (this is correct)	
A2	Wide-Grip Pull-Ups	4	10		4-1-1-0	40 secs	
B1	Incline Flyes	3	10	4 sec concentric	4-0-4-0		
B2	Reverse-Grip Pull-Ups with Orange Bands	3	10		4-0-1-0	80 secs	
C	Incline Dumbbell Press	3	15	1 1/2's	4-0-1-0	40 secs	
D	Two-Arm Bent-Over Dumbbell Rows	3	10		4-0-1-0	40 secs	
E1	Cable Crossovers (cable height high, hands together in front of thighs at the bottom)	2	10		4-0-1-0		
E2	Cable Crossovers (step forward and extend arms in front to chin height)	2	10	+ NOS-X (last set)	4-0-1-0	40 secs	
F	Machine Rows	3	10	3 second isometric	4-0-1-3	40 secs	

+ OPTIONAL: ABS / CORE



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***** ALL 'A.M' WORKOUTS THIS PHASE ARE INTENDED TO BE EXCITATORY, KEEP THE WEIGHTS ON THE HEAVY SIDE AND BE EXPLOSIVE (THOUGH KEEP FORM PERFECT OF COURSE) *****

PHASE 6 - WORKOUT 2 (AM): BACK / BICEPS

DURATION: 59 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A	Deadlift (bent-knee)	6	21,14,7, 7,14,21		4-0-1-0	2 mins	
B	Reverse-Grip Pull-Ups with 2 Orange Bands (for NOS-X: bodyweight, then 1 band, then 2 bands, done)	3	8	+ NOS-X (last set)	3-0-1-0	80 secs	
C	One-Arm Dumbbell Rows	4	12	+ NOS-X (last set)	4-0-1-0	40 secs	
D	Incline Dumbbell Curls	3	6	6 second eccentric	6-0-X-0	80 secs	
E	Standing BB Curls (drive elbows together + high into shoulder flexion)	5	8		4-0-1-0	80 secs	

+ OPTIONAL: ABS / CORE



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PHASE 6 - WORKOUT 5: QUADS / HAMS

DURATION: 51 MINS

	EXERCISE	SETS	TARGET REPS	*	TEMPO	REST	SET / WEIGHT / REPS
A	Leg Press (feet low)	4	8	+ CS-6 Sets	4-0-1-0	80 secs	
B	Leg Extension	4	8	+ CS-6 Sets	4-0-1-0	80 secs	
C	Lying Leg Curls (hips extended)	3	10	BPak Strip Sets(all sets)	4-0-1-0	80 after each set	
D	Glute-Ham Raises	5	8		4-0-1-0	40 secs	

+ OPTIONAL: CALVES